

Mashed Sweet Potatoes

Makes: 4 servings

Ingredients

4 sweet potatoes (small to medium)
3/4 teaspoon thyme (dried)
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

1. Wash and peel the potatoes. Cut them into slices that are $\frac{3}{4}$ inch thick.
2. Put them in a saucepan with enough water to cover the potatoes.
3. Bring the water to a boil on medium heat.
4. Cook the potatoes for 20 to 25 minutes until they're soft.
5. Drain the water. Put the potatoes in a medium bowl.
6. Use a fork or potato masher to mash the potatoes.
7. Mix in the thyme, salt, and pepper.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	113	
Total Fat	0 g	0%
Protein	2 g	
Carbohydrates	26 g	9%
Dietary Fiber	4 g	16%
Saturated Fat	0 g	0%
Sodium	217 mg	9%

MyPlate Food Groups

Vegetables	3/4 cup
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